HINTS
FOR
TASTIER
MEALS
BISTO
BISTO

*Obtainable in*

SMALL PACKETS,
LARGE CARTONS
AND TINS.

# What shall we have for dinner to-day?

THIS question faces every housewife daily.

Here is a little booklet to solve this daily problem. It contains a score of practical hints for improving everyday meals with the aid of Bisto.

Bisto is the magic wand which gives to all meat dishes a delightful richness and flavour—that dash of something extra nice!

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*Cerebos House, London, N.W.10.*

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## Note

The quantity of Bisto mentioned in the following recipes will be found to suit the average taste. A little more or a little less may be used without fear of spoiling the dish.

# HOW TO MAKE GOOD GRAVY

**—for Roast Beef, Mutton, Lamb, Veal, Pork, and all Meat Dishes**

PUT one good teaspoonful or more of Bisto into a basin, and mix thoroughly with half a pint of warm (not boiling) water. Pour the mixture into the meat tin from which the fat has been strained. *Stir well and boil for a few seconds.*

NOTE.—Should gravy be required when no meat is being prepared, Bisto can be used without the contents of the meat tin, by simply mixing Bisto with water as above and *bringing to the boil.*

# SCOTCH BROTH

*INGREDIENTS*

1 *lb. Neck of Mutton*
2 *Carrots (one grated)*
1 *Turnip—1 Onion*
½ *small Cabbage*
2 *small Leeks*
*BISTO, 1 tablespoonful*
*Cerebos Pepper*
1 *quart Water*
1 *tablespoonful Pearl Barley*
1 *teaspoonful chopped Parsley*

PUT the meat into a saucepan with the Bisto, sprinkle with pepper, add the water and bring slowly to the boil. Skim. Shred the cabbage and leeks finely, cut the onion into thin slices and one carrot and turnip into dice. Simmer for two hours. Add the grated carrot ten minutes before serving. Lift the meat on to a hot dish and serve a few of the vegetables and a little of the broth around it. Pour the broth into a hot soup tureen, sprinkle the finely chopped parsley over it and serve very hot.

# IRISH STEW

*INGREDIENTS*

1½ *lbs. Neck of Mutton*
2 *lbs. Potatoes*
2 *large Onions*
*BISTO*, 1 *good dessertspoonful*
1 *pint Water*
*Cerebos Pepper*

CUT the meat into neat pieces and place in a stew pan, sprinkle with pepper, add enough water just to cover and bring to the boil. Add the sliced onions, then the potatoes cut into two or four, sprinkling the Bisto between the layers. Simmer gently for one-and-a-half hours. Serve neatly on a hot dish and garnish with parsley.

# LANCASHIRE STEW

*INGREDIENTS*

1 *lb. Stewing Steak*
¾ *pint Water*
2 *ozs. Dripping*
1 *large Onion*
1 *large Carrot*
*Cerebos Pepper*
*BISTO*, 1 *tablespoonful*
1 *tablespoonful Vinegar*

CUT the meat into neat pieces. Roll them in Bisto, and sprinkle with pepper. Heat the dripping in a saucepan and fry the thinly sliced onion in it until brown. Lift out the onion and fry the meat until brown. Add the water, onion, vinegar and thinly sliced carrot and simmer gently for 1½ hours.

# STEWED SAUSAGES

*INGREDIENTS*

1 *lb. Sausages*
2 *Spanish Onions (chopped)*
1 *cupful Cooked Rice*
*BISTO,* 1 *tablespoonful*
*Cerebos Pepper*
*Water*

PUT the sausages into a saucepan and just cover with water. Sprinkle in finely chopped onions and cook gently for one hour. Add the cooked rice, and Bisto, sprinkle with pepper and cook for ten minutes. Serve very hot.

# STEWED RABBIT

*INGREDIENTS*

1 *Rabbit*
2 *ozs. Dripping*
*BISTO,* 1 *tablespoonful*
2 *Onions*
*Cerebos Pepper*
1 *dessertspoonful Ketchup*
1 *dessertspoonful Vinegar*
1 *pint Water*

WASH the rabbit thoroughly and cut into joints. Boil the neck and ribs in the water to make stock. Heat the dripping and fry the thinly sliced onions. Lift them out, dip the joints in the Bisto, sprinkle with pepper and fry them in the remaining fat. Return the onions to the pan, add the rabbit stock and simmer gently for 1½ hours. Add the ketchup and vinegar and re-heat. Lift the joints on to a hot dish and strain the gravy over.

# HARICOT MUTTON

*INGREDIENTS*

1 *lb. Neck of Mutton*
1 *oz. Dripping*
1 *Onion*
1 *Carrot*
1 *pint Water*
1 *half Turnip*
*BISTO,* 1 *tablespoonful*
*Cerebos Pepper*

CUT the meat into neat chops. Melt the dripping in a saucepan and fry the thinly sliced onion. Dip the meat in the Bisto and sprinkle with pepper, remove the onion from the pan and fry the meat quickly on both sides. Return the onion and add the other vegetables cut into neat dice. Just cover with water, and stew gently for 1½ hours. Arrange the chops and the vegetables neatly on a dish, and strain the gravy over. Serve very hot.

# HOT-POT

*INGREDIENTS*

1 *lb. Shin of Beef or Neck of Mutton*
1 *small Carrot*
1 *Turnip*
1 *large Onion*
½ *teaspoonful Mixed Herbs*
1 *lb. Potatoes*
*BISTO,* 1 *dessertspoonful*
*Cerebos Pepper*
1 *pint Water*

CUT the meat into small pieces. Put in a stew jar and sprinkle with Bisto and pepper. Cut the turnip into neat pieces, the onion into thin slices and the carrot into thin rounds. Add these and the herbs to the meat and just cover with water. Cut the potatoes into thin slices and put on the top. Cook in a moderately hot oven for two hours. The tops of the potatoes should be crisp and brown. Serve very hot.

# HASHED MEAT

*INGREDIENTS*

¾ *lb. Cold Meat*
4 *ozs. Rice (boiled)*
2 *ozs. Margarine*
1 *Onion (chopped)*
*BISTO,* 1 *dessertspoonful*
*Cerebos Pepper*
½ *pt. Water*

HEAT the margarine in a saucepan and fry the sliced onion in it until brown. Mix the Bisto with water, add it, and sprinkle with pepper. Stir well and boil for five minutes. Add the meat and allow to become hot through. Serve on a hot dish and surround with a border of boiled rice.

# BEEF STEAK PUDDING

*INGREDIENTS*

| | |
|---|---|
| 1 *lb. Beef Steak* | *Cerebos Pepper* |
| ½ *lb. Flour* | ½ *pint Water* |
| 3 *ozs. Suet* | 1 *small teaspoonful* |
| *BISTO,* 1 *tablespoonful* | *Cerebos Baking Powder* |

CUT the meat into neat small pieces. Roll the pieces of meat in Bisto and sprinkle with pepper. Shred and chop the suet finely, mix the flour, suet and baking powder to a paste. Grease a pudding basin. Roll out the paste and line the basin with it. Add the meat and water, cover with the remaining dough. Cover with greased cloth and boil for three hours.

# STEAK AND KIDNEY PIE

*INGREDIENTS*

1 *lb. Beef*
2 *Sheep's Kidneys*
*or* ½*-lb. Ox Kidney*
*BISTO,* 1 *dessertspoonful*
*Cerebos Pepper*
1 *pint Water*
*Flaky or rough puff pastry*

CUT the meat and kidney into neat pieces. Put into a pie-dish; mix one dessertspoonful of Bisto in one pint of warm water, pour over the meat in the pie-dish, add a sprinkling of pepper. Cover with greased paper and put into a moderate oven for one hour. Take out and allow to cool, then put on the crust and bake in a hot oven for three-quarters of an hour.

# TOAD-IN-THE-HOLE

*INGREDIENTS*

¾ *lb. Steak*
½ *pint Batter*
*BISTO,* 1 *small dessertspoonful*
*Water*
*Cerebos Pepper*

CUT the steak into neat pieces, sprinkle with pepper, and roll each piece in Bisto. Place them in a pan, add the water and stir until boiling. Cook gently for one hour. Put the pieces of steak in a pie-dish, pour the batter over and bake in a very hot oven for half-an-hour.

# CORNISH PASTIES

*INGREDIENTS*

*½ lb. Beef or Mutton*
*1 shredded raw Potato*
*1 tablespoonful finely chopped Onion*
*BISTO, 1 tablespoonful*
*Cerebos Pepper*

*For Pastry :—*

*½ lb. Flour — 4 ozs. Lard*
*½ teaspoonful Cerebos Baking Powder*
*Water to mix*

CUT the meat into small pieces (or mince it) together with the raw potato. Add the Bisto, chopped onion and pepper, and a tablespoonful of water. Mix well. Make the shortcrust pastry from the flour, lard, baking powder and water. Divide into four pieces, put a quarter of the mixture in the middle of each round, moisten the edges, join them up. Bake in a moderate oven for 40 minutes. Serve hot or cold. If the pasties are served hot, accompany with Bisto gravy.

# MUTTON PIE

*INGREDIENTS*

*1 lb. Cold Mutton*
*1½ lbs. mashed Potatoes*
*BISTO, 1 tablespoonful*
*1 oz. Margarine*
*½ pint Milk*
*Cerebos Pepper*

CUT the mutton into neat pieces, sprinkle lightly with pepper and half the Bisto, and put into a pie-dish. Melt the margarine, add the rest of the Bisto, mix well, add the milk and stir until boiling. Pour this over the mutton. Mash the potatoes in the usual way until soft. Spread on top of the mixture, and make the top neat. Bake in a moderate oven until nicely browned.

# SHEPHERD'S PIE

*INGREDIENTS*

1 *lb. Cold Meat*
2 *lbs. Cold Potatoes*
1 *fried or boiled Onion*
*BISTO,* 1 *dessertspoonful*
½ *pint Water*
*Cerebos Pepper*

MINCE the meat and onion together. Mash the potatoes, adding a little milk if necessary to make them soft and smooth. Put the meat and onion in the pie-dish, season with pepper. Mix the Bisto with the warm water, add it to the meat and stir well. Cover the whole with the potatoes, smoothing neatly with a fork. Place in a moderately hot oven until nicely browned.

# BUBBLE AND SQUEAK

*INGREDIENTS*

*Cold Meat*
*1 lb. cold Potatoes*
*Any other cold Vegetables*
*BISTO, 1 tablespoonful*
*2 ozs. Dripping*
*Cerebos Pepper*

CUT the meat into neat pieces, roll each piece in the Bisto, sprinkle lightly with pepper and fry in the dripping. Turn out on to a hot dish, then fry the vegetables until brown. Arrange round the meat, and serve very hot.

# FISH CAKES

*INGREDIENTS*

*1 lb. cold Fish*
*1 lb. cold Potatoes*
*1 tablespoonful cold Fish Sauce*
*1 oz. Margarine*
*2 teaspoonfuls chopped Parsley*
*BISTO, 2 teaspoonfuls*
*Cerebos Pepper*
*Breadcrumbs*
*Egg*

REMOVE the skin and bones from the fish, and flake with a fork. Mash the potatoes. Melt the margarine in a pan and stir in the fish, potatoes, parsley, Bisto, sauce and pepper. When thoroughly mixed, turn out on to a floured plate and make into an even shape. Divide into eight equal portions. Make each portion into a round cake, coat with egg and bread-crumbs. Fry in hot fat and drain on paper. Garnish with parsley and serve hot.

# STUFFED ONIONS

*INGREDIENTS*

4 *Spanish Onions*
4 *ozs. cold Meat*
1 *oz. Cheese (grated)*
1 *oz. Margarine*
*BISTO,* 1 *good dessert-spoonful*
¾ *pint BISTO Gravy (see recipe, page* 4)
*Cerebos Pepper*

BOIL the onions in water for half an hour. Then take from the water and draw out the centres with a fork from the root end. Chop the centres finely, put in a basin and add the Bisto powder, Cheese and Pepper. Run the meat through a mincer, add to the basin and mix all thoroughly. Fill the centres of the onions with this mixture, put in a roasting tin and place on top of each a knob of margarine. Bake in a hot oven for half an hour, basting frequently. Place the onions on a hot dish, prepare the Bisto gravy and pour round the onions.

# FRIED FISH
## Browned with Bisto

FRIED fish makes a delightful change browned with Bisto.

Sprinkle the fillets of fish with Bisto before frying, and in cooking they will turn a rich, tempting, golden brown colour.

The Bisto way is better than the old-fashioned bread-crumb method and makes the use of eggs unnecessary.

# BATTER for use when Frying Meat, Fish, or Fritters

*INGREDIENTS*

4 *ozs. Flour*
½ *oz. Margarine*
1 *Egg*
*BISTO,* 1 *tablespoonful*
1 *quarter pint warm Water*

PLACE the flour in a basin, melt and pour into the centre the margarine. Mix the Bisto and water, and add the mixture. Add the yolk of the egg, whip the white to a stiff froth and stir it in lightly. This batter will be found excellent for fish, meat, or fritters.

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